

# Broken Arrow Parks and Rec Informer

## Spring 2016



### Important Dates

#### **Paddle Battle**

*April 14th*

#### **Hershey/USATF runjumpthrow**

*April 16th*

#### **Farmers Market Opens April 23rd Mom & Me Hike**

*May 7th*

#### **Rooster Days**

*May 12th-14th*

#### **City Offices Closed**

**March 25th**

*Good Friday*

**May 30th**

*Memorial Day*

## Get your Parks ID Today!



### MEMBERSHIP IS FREE

Available and usable  
at either Central Park  
or Nienhuis Park  
Community Center.

A Parks ID is required to use either facility and for enrollment.

Ages 10-17 require a parent or guardian signature at time of registration.

Ages 18 and up are required to show a photo ID.

# runjumpthrow

**HERSHEY / USATF**

### April 16th

Starting at 9:00AM

Freshman Academy

(301 W. New Orleans St.)

**Registration Deadline**

**Friday, April 8th**

### **General Information**

Participants must be 6-13 years old.

All Participants will compete in:

- 40 yard dash
- Standing long jump
- Softball Throw

All Participants will receive a certificate with records of their events



# MOM & ME HIKE

**Celebrate Mother's Day at the Ray Harral Nature Center.**

**Saturday—May 7**

**1:00pm-2:00pm or 2:30pm-3:30pm**

**Tickets are \$5 per person.**

**Snacks, crafts and a guided tour through the  
Ray Harral Nature Park will be provided.**



# Paddle Battle 2016

Ping Pong Tournament

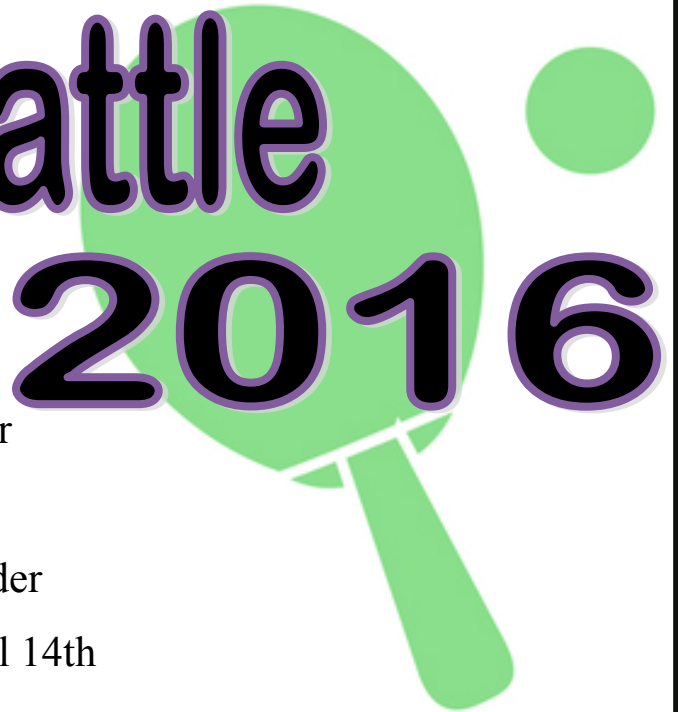
**DOUBLE ELIMINATION**

Nienhuis Park Community Center

April 14th at 6:30pm

\$5 per competitor. Ages 10 and older

Must be registered by 6:15pm on April 14th



# Art Classes



**Cartoon Drawing**

**Mondays 1:00pm-2:00pm**

**Ages 6-15 \$10 per class**

**Learn to draw funny cartoons!**

**Use different shapes to draw people, superheroes,  
buildings, backgrounds, cartoons and more.**

**Central Park Community Center**

**Art Fundamentals**

**Thursdays 2:00pm-3:00pm**

**Ages 6-14 \$10 per class**

**Learn the fundamentals of art; drawing,  
shading, perspective, charcoal use, colored pencils,  
and clay sculpture.**

**Central Park Community Center**

# Basic CPR and First Aid

**Pre-registration is required. \$45 fee is due at the time of enrollment.**

This class covers Adults, Children and Infant CPR and Basic First Aid. EMS Safety Services curriculum, which uses the current American Heart Association guidelines, is used in class.

**This class is not for Healthcare Professionals.**

Class times and dates may vary.



**\$5 Per Class or a Zumba Pass for 8 classes \$30**

**Monday & Wednesday**

**6pm-7pm**

**Nienhuis Park**

**Community Center**

**Tuesday & Thursday**

**6pm-7pm**

**Central Park**

**Community Center**

# GET FIT BA

**FREE**

**Nienhuis Park Community Center**

**Mondays & Wednesdays**

**7:30pm-8:30pm**

This FREE class is a Cardio Boot camp that is done at each participants own pace.

Jumping jacks, high knees, burpees, fast feet, jogging, push-ups, sit ups, squats, lunges, etc.

The exercises will work your lower and upper body as well as your core.





Opens April 23rd  
2016 Temporary Location  
1st Street and Dallas  
8am-12pm



Nienhuis Park Community Center

\$50 per month

Ages 7-12 Tuesdays 5:00pm-6:00pm    Teen/Adult Tuesdays 6:00pm-7:00pm

Open Class for all enrollees Thursdays 6:00pm-7:00pm

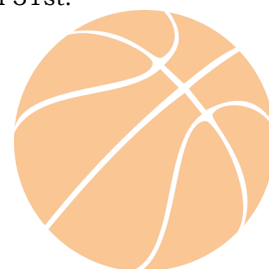


Game Information:

- Games played Thursday at Central Park
- Game times are 6:00, 7:00, AND 8:00PM.
- Minimum Of 6 Players On A Roster.
- Players may only be listed on ONE roster.
- Games will consist of two 20 minute halves with a 3:00 minute halftime.
- Four team playoff at end of season.

- ♦ **MUST BE 18 YEARS OF AGE OR OLDER**
- ♦ **Registration fee \$120 per team**
- ♦ **Registration Deadline March 18th**
  - ♦ **Limited Space Available**
- ♦ **\$20 Ref Fee per game per team**

\*\*\*All players must have a Broken Arrow Parks & Rec ID, first one is free. You will be required to check in at the front desk and at the score table. There will be a MANDATORY captains meeting March 24th. League play will start the following Thursday March 31st.



## CO-ED VOLLEYBALL

Nienhuis Park Community Center

**MONDAY NIGHTS**

MATCH times are: 6:20pm, 7:05pm, 7:50pm

Teams will play two matches and ref one match.

MINIMUM OF 6 PLAYERS ON A ROSTER

Minimum space available. Sign up now!!

CAPTAINS MEETING April 25th @ 6:30pm

LEAGUE STARTS May 2nd

**SIGN UP TODAY!**

- **ALL PLAYERS MUST BE ON ROSTER TO PLAY**
- **MUST BE 16 OR OLDER TO PLAY**
- **\$120 PER TEAM**
- **DEADLINE IS April 22nd @ 5 pm!!**

# Get A Grip



Tennis May 23rd in Central Park  
Classes are M, W, Fri or T, Th, Sat  
Ages 9 thru Adult Fee \$250



Students will develop and excel through the progressive teaching methods. This program includes a lot of instruction, drilling time, strategy and playing time.

## Need a Summer job?

City of Broken Arrow is looking for Lifeguards, Cashiers,  
Concession Workers and Pool Assistants.  
Must be at least 16 years of age to be hired.  
Apply online at [www.brokenarrowok.gov](http://www.brokenarrowok.gov)

# Lifeguard Classes

Family Aquatic Center

\$150 per person Ages 16 and older May 6th-8th or May 20th-22nd  
You must attend all 3 class dates and pass the required swimming test.  
Friday 6pm-10pm Saturday 9am—3pm Sunday 12pm-5pm



Family Aquatic Center  
Lifeguard Recertification \$60  
Sunday May 8th or May 22nd  
12pm-5pm only

# Swim Punch Pass

On Sale May 2nd

\$30 for a 10 punch pool pass. 1 punch per person using the pass.

Available to Broken Arrow residents only. Must show proof of residency at time of purchase.

Purchase your Swim Punch Pass at Central Park Community Center or Nienhuis Park Community Center.

**POOLS OPEN MAY 28th**

**Share your experiences in the parks or at events  
with us on Facebook by using the Hashtag**



**Coming this Summer**

**PARK AND  
RECREATION  
MONTH  
JULY 2016**

**#SUPERJULY**

**PARK AND  
RECREATION  
MONTH  
JULY 2016**

**WHEN OUR POWERS COMBINE,  
WE CHANGE LIVES**



**Want to teach your own class?**

**Do you have a passion for an activity  
and want to teach others?**

**Contact any Center Supervisor to find out how you can start  
earning money doing what you love today!**



# CONTACT US

For information on room and shelter reservations or open gym hours please contact the Community Centers.

## **Central Park Community Center**

**1500 S. Main St.**

Phone: (918) 259-8437

### **Operational Hours**

**Monday-Friday: 7am-9pm**

**Saturday: 9am-1pm**

**Sunday: Closed**

Facebook: @Centralparkcommunitycenter

## **Nienhuis Park Community Center**

**3201 N. 9th St.**

Phone: (918) 259-6550

### **Operational Hours**

**Monday-Friday: 1pm-9pm**

**Saturday: 1pm-5pm**

**Sunday: Closed**

Facebook: @Nienhuispark

## **Ray Harral Nature Center**

**7101 S. 3rd St.**

Phone: (918) 615-6099

### **Operational Hours**

**Tuesday-Friday: 10am-6pm**

Facebook: @RayHarralNatureCenter

**To keep updated on new events, classes, and pools**

**like us on our main Facebook page**

**@BAParksandRec**



**Classes and open gym are subject to change without notice.**

**Be sure to like us on Facebook and Instagram**

**Visit our website [www.brokenarrowok.gov](http://www.brokenarrowok.gov)**